

Variable	Mean	Standard deviation	Minimum	Maximum
Age	34.5	10.5	20	55
Gender	Male	Female		
Marital status	Married	Single		
Education	High school	College		
Occupation	Manager	Worker		
Income	\$10,000	\$20,000		
Health status	Good	Poor		
Exercise frequency	Weekly	Monthly		
Stress level	Low	High		
Sleep quality	Good	Poor		
Dietary habits	Healthy	Unhealthy		
Alcohol consumption	None	Occasional		
Tobacco use	Non-smoker	Smoker		
Family size	2	3		
Home ownership	Renter	Owner		
Commute time	15 min	30 min		
Work hours	40 hours	50 hours		
Job satisfaction	High	Low		
Life satisfaction	High	Low		
Overall health	Good	Poor		

Abstract of the Disclosure

10